

[Claims:

1. A helmet having an outer shell defining an inwardly facing surface extending to an edge of the shell, a lining defining an outer surface facing the inwardly facing surface
5 of the shell, an inner surface which in use faces the head of a person wearing the helmet, and an edge surface extending between the inner and outer surfaces of the lining adjacent the edge of the shell, a strap secured to the outer shell and extending from between the inwardly facing surface of the outer shell and the outer surface of the lining, means for releasably attaching a portion of the strap immediately adjacent the lining to the edge
10 surface of the lining, such that the strap adjacent the shell edge is pulled towards the head of the wearer.
2. A helmet as claimed in claim 1, wherein the attaching means comprise a hook and loop fastening.
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3. A helmet as claimed in claim 1, wherein the attaching means comprise a press-stud fastening.
4. A helmet as claimed in claim 1, wherein the attaching means comprise glue.
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5. A helmet as claimed in claim 1, wherein the strap is provided with a facing that attaches to the inner surface of the lining.